

FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



THE HEALING POWER OF LOVE

At the age of 55, I think I'm finally starting to figure out a few things about life. One of the things that I have realized over the past 17 months is how important it is to surround yourself with people who love you. Your inside voice may be saying, "Well that's a no-brainer Kelli Ann", but until you sail through the choppy waters of life, you realize who the people are in your circle that truly love and care for you.

For me, this does not just relate to my personal life, but also my work relationships. I am fortunate to be working in the company of

an outstanding group of human beings who have loved, encouraged and supported me. Members who truly care and are rallying around me. True friends that love me unconditionally, without judgement. They are my "Tribe" and were it not for them, I would be on very shaky ground.

I guess my point is that I now have a sense of what true friendship is and what healthy friendships look like. Yes, my circle has gotten smaller, but the relationships are healthier and I am happier as a result. It means not settling by allowing yourself to be in toxic relationships, but doing what is best for your emotional health and well-being. All we have is today to live the best life we can live. Be courageous, be true, be authentic and you will attract others that have the same values. We are all deserving of nothing less...

A huge thank you to Nikki Johansen for the incredible job designing and painting the newly renovated Spin studio. Devin Madsen also played a large role in ensuring everything went smoothly. A shout out to Brian Baggs of North West Builders and his team for a job well done in an efficient and timely manner. Enjoy the new space everyone!

Kelli

May is here and everyone seems to be getting to the gym bright and early – great to see! It's the time

FITNESS NOTES

Catherine Ardiles, Fitness Director



when we start to think about camping, long weekends, and hopefully plenty of sunlight.

To help with those early mornings we will be changing morning spin class beginning May 7th to start at 6:15am (by members request). We have also added a yoga class Saturday morning and will be adding another yoga class on Sunday morning. Please have a look at the schedule next week as there are a few changes.

Mental Health week is coming up in May, a reminder that the **SPIN-A-THON** is taking place Saturday May 4th from 1-4. Even if

you are not 'spinning' you can still grab a pledge sheet at the front desk or donate to someone else for this worthy cause. All the money collected goes directly to the **Stanton Territorial Hospital Foundation** (and you can even win a prize from one of our sponsors for the top 8 fundraisers) and the money raised will stay in the North.

MAY EVENTS

SATURDAY, MAY 4TH

SPIN-A-THON

1:00-4:00 p.m. raising money for the Stanton Territorial Hospital Foundation who will donate to the Psychiatry unit at the new Stanton Territorial Hospital. Not spinning, grab a pledge sheet any way!

SATURDAY, & SUNDAY, MAY 11TH & 12TH

RC AT THE TRADE SHOW.

Come visit our booth (#108) and bring your non-member friends along!

SUNDAY, MAY 12TH

HAPPY MOTHER'S DAY!

Bring your non-member Moms down for a free workout or class and stay for snacks and drinks afterwards.

MONDAY, MAY 20TH

HAPPY VICTORIA DAY!

Club open 9:00 am to 5:00 pm. NO CLASSES

TUESDAY, MAY 21ST

FEATURE CLASS

SOUL SHAKTI with Melissa Chung. 7:30-8:30 pm. Snacks and drinks after class.

MONDAY, MAY 27TH TO SUNDAY, JUNE 2ND

NWT Squash and The Racquet Club present THE DENESOLINE CORPORATION TERRITORIAL SQUASH CHAMPIONSHIPS.

FRIDAY, MAY 31ST

KARAOKE NIGHT!

SATURDAY, JUNE 1ST

Steak and lobster dinner 6:00-9:00 p.m. Sign up at the front desk early as this fills up quickly! Stick around after dinner for dancing. Music by DanceAway.

SUNDAY, JUNE 2ND

Tourney finals and awards presentation.

We have another event coming up on June 8th, a charity run for the Rainbow Coalition of Yellowknife. You can run/walk a 5k, or choose a 10k or half marathon. The registration is open at <https://zone4.ca/register.asp?id=21080&lan=1&cartlevel=1> or you can check out zone4.ca and search YELLOWKNIFE RACQUET CLUB and the information will come up. Also – continue to watch our Facebook page for updates and information leading up to the event. Many staff and members are donating their time towards this event – so log in and enter a race by yourself or bring along your family. We are fortunate to also have assistance from YK Multisport and are very excited to see everyone after the race!

I wish everyone a fantastic May, I'll see you around the club.

SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



It's the Spring! Well, it will be! And with the Spring comes **League Finals**, and of course, the **NWT Squash Territorial Championships** – my absolute favourite tournament of the year! But, first off, congratulations to the winners of the **Club Championships** which took place the last week of April. Congratulations to winners of each division:

Junior B – **Zachary Mathison**, Junior A – **Joe Depew**, D – **Joe Depew**, C – **Paul Creaven**, B – **Damien Healy**, A – **Jake Roche**, and Open – **Devin Madsen**.

League Finals: the culmination of a year's worth of some great matches happens Tuesday, May 7th starting at 6pm. Come out to see which team will be taking the top honours.

The NWT Squash Territorial Finals is the tournament we've all been waiting for! Play starts on May 27th and runs to June 2nd. As with each, we will be featuring exhibition matches by some of Canada's top players. Representing the women, our own Melina Turk will be back with Nikki Todd, Catalina Palaez and Giselle Delgado. On the men's side will be Connor Turk, Mark Porter, Ibrahim Elserafy and Matt Henderson. Join us in welcoming these athletes on the Thursday evening, May 30th. Friday night will feature Karaoke and Saturday is our infamous Steak and Lobster supper. Make sure you sign up for this feature event by May 24th at <https://www.sportyhq.com/tournament/view/NWT-Squash-Territorial-Championships>.

See you all on court!

Jeff

STRETCH THERAPY



We all know that we should stretch more to complement the strengthening and cardio work that we do, but what is the most effective way to stretch? Similar to Function Foam Rolling (see April, 2019 Newsletter), Stretch Therapy emphasizes correct body position, proper technique and the right equipment to be optimally effective.

Stretch Therapy is a comprehensive system that includes stretching, fascial remodelling, strengthening, neural re-patterning, and relaxation. The goals are grace and ease, experienced as enhanced awareness and smoother movement.

"Stretching" can be much more than what you do at the end of a class. Stretch Therapy is a safe efficient way to improve flexibility and correct body deficiencies and weaknesses.

Ken Eng is a certified Stretch Therapy Teacher, works with people one on one, in small groups and gave a combined Stretch Therapy and Functional Foam Roller workshop last month, which he will do again later this year.

If you have any questions about Stretch Therapy, please contact Ken at 250-877-8150, or kceng@telus.net.

NWT SQUASH ASSOCIATION
AND THE RACQUET CLUB PRESENT

THE DENESOLINE CORPORATION NORTHWEST TERRITORIES TERRITORIAL SQUASH CHAMPIONSHIPS



MONDAY MAY 27 TO
SUNDAY JUNE 2, 2019

ADULTS – \$135 + GST
JUNIORS AND UNIVERSITY STUDENTS – \$80 + GST

OUTDOOR BOOT CAMP

FOUR WEEK PROGRAM

6am-7am

Monday/Wednesday/Friday

Begins Monday June 3rd
to Friday June 28th

No class on June 2nd

11 classes

Members \$110

Non-Members \$180

Drop in \$20 per class

